Hello!
Please allow_______________ to decide how much to eat, and in what order, from what I have packed. Even if that means all they eat for lunch is “dessert,” or if they start with dessert.
I trust that_______________ can rely on hunger and fullness signals to know how much to eat. If they need help opening containers, I thank you for that help. Otherwise,_______________ should be good to go.
Please call my cell_______________ if you have any questions.
Thank you for all you do for our children.

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